

# A Diet for Lifetime Health



Studies show that some older adults are deficient in vitamins B<sub>6</sub>, B<sub>12</sub>, and folate (a B vitamin). To guard against vitamin deficiencies, plan a diet that includes food sources of these nutrients.

- Lean meats, chicken, organ meats and fish, are high in B<sub>6</sub>.
- Milk, eggs, and lean meats are excellent sources of B<sub>12</sub>.
- Asparagus, brussels sprouts, and almost all green, leafy vegetables are high in folate. Other sources are cantaloupe, orange juice, and fortified grain products.
- Citrus fruits, tomatoes, cantaloupe, strawberries, green pepper, and broccoli are rich in vitamin C.

It is also important to get adequate protein and calcium daily. Low-fat dairy products are rich sources of calcium. Two servings a day of 2 to 3 ounces of meat, chicken, or fish provide the protein you need. Other sources of protein include cooked dried beans, peanut butter, milk, and eggs.